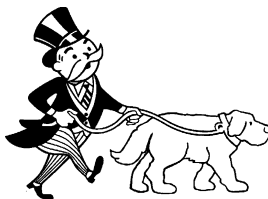




INVESTMENT PORTFOLIO

Here are lists of investments you can make to help you feel like million. We've grouped the activities into physical, mental, emotional, and social categories to show how important balance is. As you review the lists you may think some activities fit better under different headings. You're right... depending on your perspective. An activity doesn't need to fit neatly into a certain area as long as it contributes to helping you feel like a million. And remember, even the small investments add up - you're building a reserve to fall back on during stressful times. Take a few minutes to review the lists and add any activities that would be good investments for you. Then plan a few days or a week on the *Feel Like a Million* Game Board.



PHYSICAL

\$20,000

Investments

1. Eat a bowl of fruit for breakfast or lunch.
2. Take an early morning walk – try a different route.
3. Substitute juice for your usual caffeine drink.
4. Spend 30 minutes relaxing in silence.
5. Have your blood pressure checked.
6. Clean or replace air conditioner/heater filters.
7. Work on your yard – plant something new.
8. Fill 2 quart bottles of water to drink each day.
9. Get a tour of the Wellness Center.
10. Ask for a guided tour of the Wellness Center Fitness Trail - then find a friend to walk with.
11. Visit the Ergo Room and check out all the ergonomics equipment that is available.
12. Take your dog for a walk.
13. Try a new exercise.
14. Prepare a vegetarian meal.

\$30,000

Investments

15. Get a haircut, then go have a massage.
16. Replace a food choice with a healthier one each day for a week, such as roast vs. fried chicken, whole-grain bread vs. pastries.
17. Assemble first-aid/safety kits for you car and home.
18. Begin a stretching ritual before you go to bed.
19. Plant a window herb garden – and use the herbs instead of salt or fat to flavor your meals.
20. Purposely park farther away from your destination and enjoy the walk.
21. Find out if there is a LANL exercise facility in your work area and become authorized to use it.
22. Sign up for a yoga or tai chi class.
23. Post notes at your home and office reminding you to breathe deeply and relax.
24. Buy a good pair of shoes and a hat for your walks.

\$40,000

Investments

25. Exercise at least 30 minutes a day – try water aerobics or swimming.
26. Buy a wok and learn to stir fry – prepare 2 meals a week from a new low-fat/ethnic cookbook.
27. Join a city/company/association sports team.
28. Get a full physical exam.
29. Start a physical hobby – biking and hiking are great, but don't forget rock hounding, berry/vegetable picking, and mushroom hunting.
30. Set a standard bedtime and stick to it for a week.
31. Complete a Health Check at ESH-2, call 5-4368 for info and to schedule. (LANL Only)
32. Participate in an exercise class.
33. Have a Nutrition or Fitness Consultation.
34. Complete a fitness assessment to measure your physical fitness.
35. Participate in a Wellness Center Health Promotion Class. Check out the new on-line class "Learning to Eat for a Healthy Heart."
36. Experiment with making your own fresh fruit

and vegetable juices.



MENTAL

\$20,000

Investments

1. Give your pet a good, long brushing.
2. Rearrange furniture to give the room a new look.
3. Listen to an old record or tape from a special time.
4. Clean out a closet, desk, cupboard – any place that has been bothering you.
5. Visit an art gallery or museum.
6. Turn off the ringer and answering machine volume for a quiet, uninterrupted evening.
7. Play with your children.
8. Find the humor in everyday life and laugh out loud often.
9. Start each day with a positive affirmation.
10. Sign-up for a weekly stress tip at www.stresstips.com
11. Make a priorities list at the start of the work day.
12. Buy a plant for your office/work station.
13. Attend a local event – craft fair, school play, concert.
14. Sit outside and watch the sunset, clouds, stars – whatever relaxes you.

\$30,000

Investments

15. Try a hobby or craft that involves working with your hands – surfing the Net doesn't count.
16. List 1 thing a month you want to accomplish for the next 12 months.
17. Make or buy an indoor meditation fountain.
18. Remove 1 bothersome, unnecessary obligation from your schedule each week.
19. Organize your desk at home/work, including setting up new files.
20. Join a recreational sports group or club.
21. Read a book, watch a video or listen to an audio cassette checked out from the EAP library.
22. Tune up your favorite sports equipment.
23. Donate 4 hours to a local charity.
24. Spend the evening in a library or bookstore, just browsing for new ideas.
25. Attend a nonwork-related lecture – on art, literature, travel, etc.
26. Take a mini-vacation in your mind.

\$40,000

Investments

27. For at least 2 weeks, list 5 things a day that you've learned – everything from new words and work techniques to new ways of handling problems.
28. Compose a fictional short story with you as the main character.
29. Write your goals for the next 1, 5, and 10 years.
30. Take a language class or listen to language tapes in your car during your commute.
31. Learn to play a musical instrument.
32. View one of the health promotion online presentations.
<http://www.hr.lanl.gov/GoodHealth/>
33. Review the "Mental Fitness Guide" and arrange for a presentation for your organization. Contact Jessica, 5-4368.
34. Contact EAP and arrange for a stress management workshop at your site.
35. Write a personal balance statement that outlines your priorities and goals and let it guide your actions.
36. Attend a continuing education course at your local college or university.



EMOTIONAL

\$20,000

Investments

1. Send a note to a friend – just to say how much they mean to you.
2. Buy a journal to record your thoughts or progress toward a personal goal.
3. Call someone special to say I love you.
4. Pay off an old debt or credit card.
5. List ideas for your next vacation.
6. Take pictures of things that make you smile.
7. Get dressed up for no special reason.
8. Deliver on a promise early.
9. Reminisce about your childhood.
10. Smile and say hello to the strangers you pass in the hall.
11. Read the comics in the paper.
12. Light a candle and reflect on someone you love or a special occasion.
13. Spread flower seeds in a vacant lot.
14. Jump start your day by getting up 10 minutes early.

\$30,000

Investments

15. Write a "speech" to define and see all you're happy about in your life.
16. Go for a long walk at a botanical garden or flower show.
17. Spend the day in your bathrobe, just reading and listening to music.
18. Get rid of 5 things you've kept only because you thought you should...without feeling any guilt.
19. Spend the day at a spa to pamper yourself.
20. Find a positive aspect of a difficult situation.
21. Develop a bedtime ritual.
22. Clean your car inside and out.
23. Hire someone to finish a job around the house that you don't have the time or interest to do.
24. Set up bird feeders outside your windows.
25. Update your resume to list new accomplishments.
26. Replace negative self-talk with positive self-talk at least once a day.

\$40,000

Investments

27. Go on a second honeymoon with your special person.
28. Write the script for your memorial service – how you want to be remembered – and live each day that way.
29. Have an adventure, try canoeing, a balloon ride... something you've always been a little afraid to do – then savor the accomplishment.
30. Soothe hard feelings with someone who's important to you, then keep working on the relationship.
31. For the next month, rent a movie each week that makes you feel good – and think about how to apply what you like to your life.
32. Volunteer at the local animal shelter.
33. Take a local parenting class.
34. Take an Ergonomics training class, First Aid or CPR class offered through ESH-13.
35. Join a support group.
36. Clarify your career path with your supervisor and follow up on necessary education.



SOCIAL

\$20,000

Investments

1. Introduce yourself to a new neighbor or co-worker.
2. Donate a box of clothes/housewares to a charity.
3. Compliment a stranger on their appearance or behavior – whatever strikes you as positive.
4. Record birthdays, anniversaries, and special occasions on your calendar.
5. Read to a group of children.
6. Share a special place (park, restaurant, comedy club) with a friend.
7. Visit a nursing home or orphanage.
8. Make extra popcorn to share during your afternoon break.
9. Share produce from your garden with your co-workers.
10. Attend a sports event with your family or friends.
11. Go out to lunch with a friend.
12. Pick up trash on your morning walk.
13. Take a fruit basket into the office.
14. Make extra portions of a special dish to share with a friend or neighbor.

\$30,000

Investments

15. Hold a weekly family meeting to plan activities – follow it with an outing to the park or some other fun event.
16. Assemble a family history with photos and recollections gathered from everyone.
17. Plan a vacation where part of your time will be active (hiking, golf, tennis, skiing) and part will be contemplative (museums, churches, time alone, etc.).
18. Prepare a fancy picnic to share with someone you love.
19. Make or buy a gift for someone special – for no special occasion.
20. Express to a co-worker how much you enjoy working with him/her.
21. Develop a family calendar and chores list.
22. Join a community group – a charity, choir, theater, or neighborhood association.
23. Help a friend or neighbor with a house or yard project.
24. Adopt a pet, then invite a child to come and play.

\$40,000

Investments

25. Become a lunch buddy.
26. Take a CPR course with a friend or family member.
27. Buy a fruit tree and help a friend plant it in their yard.
28. Take a special young person out for a healthy meal and help them plan their life goals.
29. "Adopt" a neighbor – help someone who's unable to mow their lawn, shovel snow, clean their yard, finish a home repair, etc.
30. Join the ISM Grassrooters or another voluntary LANL organization.
31. Participate in a voluntary activity related to the Cerro Grande fire.
32. Arrange for showing of the Wellness Center video "Benefits of Exercise and Stretching for Stress" at your next group meeting.
33. Join the board of a local charity.
34. Hold a casual neighborhood party – have everyone bring an item for donating to the local food bank.